

**Lap of the Lake 1000K
Brevet Checklist**

Equipment

- ☐ Bike (!!!)
- ☐ Frame pump
- ☐ Extra tubes
- ☐ Multi-tool
- ☐ Tire levers
- ☐ Helmet
- ☐ Mirror
- ☐ Reflective ankle bands
- ☐ Reflective vest
- ☐ Lights (head, tail, helmet)
- ☐ Extra batteries (with charger)
- ☐ Cue Sheet
- ☐ Cue Clip
- ☐ Plastic Cue Cover
- ☐ Water bottles (2)
- ☐ Saddle Bag
- ☐ Pannier
- ☐ Fenders
- ☐ Sunglasses
- ☐ Floor pump (for car)
- ☐ Space blanket

Clothing

- ☐ bib shorts (2)
- ☐ jersey (2)
- ☐ base layer (2)
- ☐ socks (3)
- ☐ shoes
- ☐ arm warmers
- ☐ leg warmers
- ☐ rain jacket
- ☐ gloves
- ☐ long-sleeved jersey
- ☐ cap (2)
- ☐ long-fingered glove liners

Personal Hygiene

- ☐ Contact lenses
- ☐ Contact lens solution
- ☐ Glasses
- ☐ Sunscreen
- ☐ First Aid Kit (Band-Aids, ibuprofen)
- ☐ Ear plugs
- ☐ Eye covers

- ☐ Deodorant
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ ButtButt'r
- ☐ Toilet paper
- ☐ Chapstick

Nutrition

- ☐ FIZZ tablets
- ☐ Hammer Gels
- ☐ HEED
- ☐ Hammer and Clif Bars
- ☐ Clif shots
- ☐ Endurolytes
- ☐ Recoverite

General

- ☐ Driver's License
- ☐ Passport
- ☐ Credit Card
- ☐ Money
- ☐ Registration information
- ☐ Cell Phone (charged, with charger)
- ☐ GPS
- ☐ Powdered Coffee
- ☐ Pen
- ☐ Road ID

Repair

- ☐ Extra nuts and bolts
- ☐ Spare chain link
- ☐ Small Swiss Army knife
- ☐ Spoke repair kit
- ☐ Extra Ziplock bags
- ☐ Zip ties
- ☐ Patch kit
- ☐ Tire boot
- ☐ Spare cables

Post ride

- ☐ T-shirt
- ☐ Pants
- ☐ Shorts
- ☐ Sweatshirt
- ☐ Shoes
- ☐ Socks